

### Fitness Facility

Basketball Court

Volleyball Court

Weight Room

free weights

Body Masters circuit equipment

Startrac, Precor, & Life Fitness equipment

Cardio treadmills

Stepper

Functional Training Area

stability balls

medicine balls

Hammer Strength circuit training

Men's & Women's Daily Use

Locker Rooms

### ParCours Outdoor Trail

1.8 miles behind the building

### Racquetball Facility

Racquetball Court

call to reserve

Men's & Women's Daily Use

Locker Rooms with Saunas

Various Aerobic Machines

### Group Exercise Classes

Yoga

Mon, Wed & Fri 11 am

Cycle Pump

Mon 11am, Tue & Thu 5:45am, Wed 3:30 pm

Circuit Training

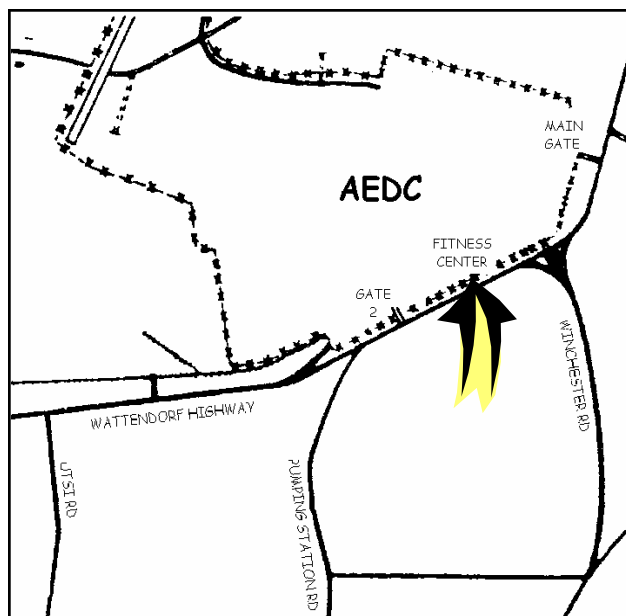
Tue 6:45 am & Thu 2:15 pm

Walk & Tone

Tue 4:30 pm

Aerobics

Thu 4:15 pm



### Fitness Center Hours

MONDAY & FRIDAY 6am-10pm

TUESDAY—THURSDAY 5:30am-10pm

SATURDAY 8am-4pm

SUNDAY (Nov-Apr) 12-5pm

Holidays may vary

(931) 454-6440

DSN 340

FAX 6462

*Daily use of the Fitness Center  
is for authorized users only.*

*Please inquire about eligibility.*

*Instructions & Personal Training Available*



# Sports & Fitness Center

454-6440



Arnold Air Force Base  
Tennessee

*as of August 2005*



# Intramural Sports Program

*The Sports & Fitness Center offers a variety of Intramural Sports throughout the year open to all AEDC personnel, active duty & retired military, National Guard & Reserve military, and AEDC Alliances.*

## Basketball

- January - April
- Open league, Over 30, and Over 45 fun league
- 12 people per team (sign up individually or by team)
- Double Round Robin Double elimination - Post tournament
- NCAA rules & AEDC By-laws apply

## Golf at Arnold Golf Course

- April - July
- Playoffs at conclusion
- Play Mondays & Tuesdays
- 4 people per team
- League fees apply
- Modified daily green fees
- Cart rental extra

## Bowling at Tullahoma Lanes

- September - April
- Coed Recreation league
- weekly lane fees and shoe rentals
- 3 people per team (sign up individually or by team)

## Bowling continued

- Split season - two rounds and two position nights
- ABC, WIBC rules & AEDC By-laws apply

## Softball (summer league)

- April - July
- Men's and Women's leagues
- 15 people per team (sign up individually or by team)
- Double Round Robin - Double Elimination Post Tournament
- USSSA rules & AEDC By-laws apply
- All Star Game in August

## Flag Football

- August - September
- 12 people per team (sign up individually or by team)
- Round Robin - Post Tournament
- AEDC By-laws apply

## Volleyball

- October - December
- Men's and Women's leagues
- 10 people per team (sign up individually or by team)
- Double Round Robin - Double Elimination Post Tournament
- USVA rules and AEDC By-laws apply

## Racquetball

- January - December
- singles or doubles (sign up individually or by pairs)
- Tournaments - Double elimination
- AARA rules and AEDC By-laws apply

## Special Annual Events

### January

3 Point Basketball Shooting Competition

### February

Sweetheart Endurance Challenge

### March

Pot O' Gold 5K & Indoor Triathlon

### April

Push up/Sit up/Pull up Challenge

### May

Fitness Month 5K & misc events

### June

Golden Baton Relay Race

### July

Summer Bash events at Rec Beach

### August

Tour de Arnold - Fun Bike Ride

### September

Fall Fun Run

### October

5K Draw Fun Run/Walk

### November

Turkey Trot (benefit)

### December

Yuletide Surprise